



King County Live Well Challenge

Goal Setting Worksheet

Physical Activity and Nutrition Version

You can earn 100 possible points for achieving your personal goal. At week 4, if you reach your goal you will earn an additional 50 points. If you don't, you have a second chance to reach your goal in weeks 5-8. At week 8 if you reach your goal, you will earn an additional 50 points.

These goal points can make or break your Challenge point total. You'll want to set realistic goals, but be sure to challenge yourself.

You will set goals for both Physical Activity and Nutrition. Make sure to record both these goals on your registration form

Physical Activity:

What is Physical Activity?

Examples include:

- Walking, jogging or running
- Biking
- Hiking
- Swimming
- Climbing stairs
- Fitness class
- Playing sports (tennis, softball, soccer, basketball, baseball, football, golf, racquetball)
- Mowing the lawn
- Yard work and general gardening

For other examples, go to the **Earn Physical Activity Points Web page** (click on **Earn Points**, **Earn Physical Activity Points** buttons to the left).

What are the recommendations?

30 minutes of moderate-intensity physical activity on most days of the week.

Fifteen (15) minutes of daily physical activity = 1 point

Note: You can earn 2 points maximum per day and 10 points maximum per week.

Goal Worksheet Part 1:

1. How many points per day do you expect to earn? _____ daily points
(not to exceed 2)

2. Multiply daily points from step one by 7 days in the week

_____ daily points x 7 = _____ weekly points

***Note: You can only earn 10 points maximum per week**

3. Multiply weekly points from step two by 4 (the first 4 weeks of the Challenge)

_____ weekly points x 4 = _____ goal points
(not to exceed 40)



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4. Record your Live Well Challenge goal on the registration form

Nutrition:

You earn 1 point for every day you meet the 2005 Dietary Guidelines for Americans' recommendations for fruit and vegetable consumption.

What are the recommendations?

- **2 cups of fruit**
- **2½ cups of vegetables**

You earn 1 point for everyday you meet the 2005 Dietary Guidelines for Americans' recommendations for whole grain consumption.

What are the recommendations?

- **3 or more 1 ounce-equivalents** of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.

For examples, go to the **Earn Nutrition Points Web page** (click on **Earn Points**, **Earn Nutrition Points** buttons to the left).

Goal Worksheet Part 2:

5. How many points per day do you expect to earn? _____ daily points
(not to exceed 2)

6. Multiply daily points from step one by 7 days in the week

_____ daily points x 7 = _____ weekly points

**Note: You can only earn 10 points maximum per week*

7. Multiply weekly points from step two by 4 (the first 4 weeks of the Challenge)

_____ weekly points x 4 = _____ goal points
(not to exceed 40)

8. Record your Live Well Challenge goal on the registration form

Note: Bonus points are earned for reaching your goal during weeks 1-4 and 5-8.